## Middle School Essay Honorable Mention Sofia Ahrens 7th Grade, Joaquin Moraga Intermediate School

## Lesson Learned

They always say you only miss something when it's gone, but I never really noticed....that is until now. This virus seems to have taken everything from us. It has stolen our school, stolen our resources, stolen our friends, stolen our sports. It has stolen our opportunities, it has stolen our money. But most importantly, it has stolen one of our most important humanizing factors, touch. See because now I really understand that you only miss something when it's gone. A simple hug from your parents, or a high five from your friends seems so frivolous at the time, but the moment it is taken away, is when you realize it has been the source of energy powering you through your life. Without human contact we are practically robots, motoring through our work with nothing to look forward to. The irony is that, quarantine, the thing designed to save the human race, is simply washing the human from it. This very virus is not only weakening our immune systems, but our friendships, and our relationships with loved ones. But yet with all of its downsides, this virus teaches us to not take things for granted. It teaches us to never dread another test, and be grateful for homework, because we never know that one day it might all not exist. It teaches us that we need to pay attention and grasp on to every small moment, remember every high five, every handshake, every hug, every walk to the next class, every in person conversation, because you never know if you will see them again, because you only miss it when it's gone.